

ANCIENT MEDICINE TODAY S4 • E14

Top 13 Probiotic Foods

241,898

views



5.5K



175



SHARE

**Dr. Josh Axe**

Streamed live on Mar 28, 2017

SUBSCRIBE 1M

Learn more about these probiotic foods on my website here: <https://draxe.com/probiotic-foods/?ut...>

SHOW MORE

Up next

AUTOPLAY



ANCIENT MEDICINE TODAY S4 • E15

Top 15 Anti-Inflammatory Foods

Dr. Josh Axe

180K views



ANCIENT MEDICINE TODAY S3 • E58

Top 10 Probiotic Boosters

Dr. Josh Axe

71K views



ANCIENT MEDICINE TODAY S3 • E7

7 Secrets to Lose Weight Fast

Dr. Josh Axe

491K views



FROM HOME

Homemade Probiotics: Save Hundreds of Dollars

Dr. Chris Sovey
357K views



14 Foods High in Probiotics

Foods4Health
79K views



The REAL Reason Apple Cider Vinegar Works for Losing Weight -

Dr. Eric Berg DC ✓
Recommended for you



10 Healthiest Foods for Women

Dr. Josh Axe
336K views



Five Best Sugar Substitutes

Dr. Josh Axe
1M views



How to Make Dr. Axe's Secret Detox Drink

Dr. Josh Axe
1.5M views



ANCIENT MEDICINE TODAY S4 • E16

Table Salt vs. Himalayan Salt: Which Is Better?

Dr. Josh Axe
258K views



7 Signs You Should Be Taking Probiotics – Saturday Strategy

FitLifeTV ✓
828K views



ANCIENT MEDICINE TODAY S3 • E48

How to Fight Depression: 7 Secrets to Stop Depression

Dr. Josh Axe



ANCIENT MEDICINE TODAY S2 • E11



696K views
ANCIENT MEDICINE TODAY S2 • E7
7 Thyroid Damagers Hiding Out in Your Home
Dr. Josh Axe
170K views
Homemade Probiotics || Save Money By Fermenting Vegetables
NaturalVita
Recommended for you

ANCIENT MEDICINE TODAY S3 • E36
10 Ways to Look 10 Years Younger with Dr. Leigh Erin Connealy
Dr. Josh Axe
181K views

ANCIENT MEDICINE TODAY S2 • E8
8 Unexpected Things Aging You Faster (And How to Slow Aging)
Dr. Josh Axe
185K views

ANCIENT MEDICINE TODAY S4 • E10
Top 20 Cancer Killing Foods
Dr. Josh Axe
135K views

ANCIENT MEDICINE TODAY S4 • E12
Top 10 Toxic Foods and Top 10 Healing Foods
Dr. Josh Axe
198K views

SHOW MORE

264 Comments  SORT BY

Add a public comment...

N 11 months ago
Love all the information! Thank you for sharing your experience with Crohns. Very inspirational.

 21  **REPLY**

View reply ▾

Anum Sved 11 months ago



View reply ▾

Myrkskog 11 months ago

Just made my latest batch of Kimchi this afternoon.

👍 26 🗨️ [REPLY](#)

View all 3 replies ▾

Angel Terrero 11 months ago

When the human body becomes overwhelmed with harmful germs like yeast, fungus etc... red blood cells are able to unravel themselves into base probiotic bacteria that go straight to the stomach.

[Read more](#)

👍 8 🗨️ [REPLY](#)

View reply ▾



SM MA 6 months ago

what is kefir ? How to make it in home ?

👍 3 🗨️ [REPLY](#)

Hide replies ^



Mike Walker 2 months ago

SM MA did u ever find out how to make iy?

👍 🗨️ [REPLY](#)



Mr. Awesome Frog 11 months ago

i felt like it's Dr.axe talking but with a different voice

👍 13 🗨️ [REPLY](#)



Justyna P. 11 months ago

During the winter I kept making continuous batches of kvass and we had 1-2 Tbs a day of that beautiful

red "juice" and guess what... my whole family of 4

... ..
👍 6 🗨️ [REPLY](#)

Hide replies ^



Ari Tsakmakas 3 months ago

Justyna P. German music



Ainhua Noa 10 months ago

i don't understand how can another species milk be good for us?
makes no sense
and i think it's gross

👍 17 🗨️ REPLY

[View all 3 replies](#) ▾



Beauty & Beautify 11 months ago

Love all the information! Thanks a lot for sharing :)

👍 7 🗨️ REPLY

[View reply](#) ▾



Shirley Fye 11 months ago

So informative .

👍 11 🗨️ REPLY



pat bell 11 months ago

apparently Australia are doing studies on fermented foods and fibre for your gut. they say people who do this it helps with inflammation diseases. also they say dont smoke. they are trying to use foods to heal

👍 8 🗨️ REPLY



Jasmin Rebeiro 10 months ago

too long..they should give the information and make it short. loads on promo.

👍 6 🗨️ REPLY

[View reply](#) ▾



Ms. Keysha Wineglass 11 months ago

I had a horrible stomach ache the other day. I drank

some Kefir and the ache went away. I love that stuff plus it's lactose free.

👍 7 🗨️ REPLY

[Hide replies](#) ^



Human Being 11 months ago

MAKING THE VIDEO FOR THE FIRST TIME



👍 1 🗨️ REPLY



Ms. Keysha Wineglass 11 months ago

Human Being Good morning! At first it tastes a little tart but then given a second and third tasting it tastes just like yogurt but in liquid form. It's smoothie or shake like in texture. I **Read more**

👍 4 🗨️ REPLY



Sumiyah Bintraafi 11 months ago

Ms. Keysha Wineglass real kefir tastes more than 'a little tart'... my fam blends it with strawberries or cinnamon and honey.

👍 🗨️ REPLY



Ms. Keysha Wineglass 11 months ago

Sumiyah Bintraafi well it's not that tart to me. That's just my personal opinion. It might taste different to other people.

👍 🗨️ REPLY



Sumiyah Bintraafi 11 months ago

Ms. Keysha Wineglass you're talking about store-bought, no?

👍 🗨️ REPLY



Sumiyah Bintraafi 11 months ago

Ms. Keysha Wineglass it's not a 'who cares' thing. the person asked what it tasted like and your referenced a store bought brand and how you like it. they add a lot of sugar to that stuff **Read more**

👍 🗨️ REPLY

Hayley Manners 8 months ago



7:23 Hilarious - Do you think God meant for us to breast feed from a cow in the first place? Come on...

👍 6 🗨️ REPLY

Hide replies ^



Darcy M 8 months ago



Hate that horrible comment about the cream

👍 3 🗨️ REPLY



Joyce Durand 5 months ago

Hayley Manners no silly, cows are milked, we drink it from a glass! No nursing like you're a calf!

👍 1 🗨️ REPLY



Ashutosh Panchal 11 months ago

Great help to community

👍 5 🗨️ REPLY

Hide replies ^



Ari Tsakmakas 3 months ago

Ashutosh Panchal German songs

👍 🗨️ REPLY



Peke's Repose 11 months ago

-Think it's time for disclosure on specific bacterial colonies and their effects in relation to human health. if "said" percentage of our immune system relies on gut health. well you do the math... what

👍 5 🗨️ REPLY

Hide replies ^



Peke's Repose 11 months ago

https://consultqd.clevelandclinic.org/2016/10/utm_campaign=qd+tweets&utm_medium=social_-qd+tweets_-social_-social_-161031+medica

👍 🗨️ REPLY



Jayasree Nandi 10 months ago

I have made sauerkraut with cabbage and carrots

just watching videos in you tube. And started to have from today. It is wonderful .

👍 4 🗨️ REPLY



JAcqueline Obregon 11 months ago

What about Greek yogurt?



Hide replies ^



David Caruso 11 months ago

Jacqueline Obregon it's tasty but it's made from conventional pasteurized milk so it's no good for you.

You can make your own, buy some local

Read more

👍 6 🗨️ **REPLY**



Jacqueline Obregon 11 months ago

David Caruso thanks; I will definitely give it a try;

👍 🗨️ **REPLY**



Sumiyah Bintraafi 11 months ago

Jacqueline Obregon also the sugar in conventional yogurt is high. if you must seeeten, use honey or grade b maple syrup

👍 2 🗨️ **REPLY**



Drue Fit 11 months ago

Awesome video! If more people would incorporate these into their diet on a daily basis, lives would change dramatically!

👍 4 🗨️ **REPLY**



laurie smith 10 months ago

more beneficial bacteria and less illness. those microbes are your defence!!! great video

👍 4 🗨️ **REPLY**



sawsan ali 11 months ago

it is safe to take probiotic for pregnant wommen

👍 4 🗨️ **REPLY**

View reply v



LadyNitsirk 10 months ago

I was a C-Section; that would explain a lot!

👍 4 🗨️ **REPLY**



Michael Soetrisno 11 months ago

Android replica of Dr Axe

4 [REPLY](#)



Mr Improvement 11 months ago

Hit Like First And Then Watch...

4 [REPLY](#)



Ginette Melody 10 months ago

Big thanks, love and Blessings, Melody.

3 [REPLY](#)



Ly Yau 11 months ago

my lo is having eczema since her 3 mth old. and she is reacted to sauerkraut after me eating, as she is BF. what should I do??

3 [REPLY](#)



Barbara Wasilak 10 months ago

ppl, ppl, ppl... sauer kraut, sauer kraut, sauer kraut.....

[Read more](#)

8 [REPLY](#)



Cal B 9 months ago

Our ancestors ate sauerkraut? For how long?

2 [REPLY](#)



miezy 2004 11 months ago

Actually God didn't intend for humans to drink milk from cows at all.

3 [REPLY](#)
[View reply](#)



Sonal Patel 10 months ago

I diagnosed with crohns and hypothyroidism 4 years ago but i am not in any medication because i am symptoms free .

[view reply](#) ▾**Terrellpj** 10 months ago

I like the videos with NO talking. Get right to the point.



2

[REPLY](#)[View reply](#) ▾**Health For All** 11 months ago

If you have digestive issues I have a video where I describe how I regained my health naturally. My testimony.



2

[REPLY](#)**MichealWD Fitness** 11 months ago

arent some of these foods pre biotics?



2

[REPLY](#)**goddessOfLove** 10 months ago

i have acid reflux



2

[REPLY](#)**anpilogov natasha** 10 months ago

i take probiotics a few times a week...but i was wandering...how much does a person need to get the required dose??



2

[REPLY](#)[View reply](#) ▾**Sweet V** 11 months ago

I love the way you explain all of this😊thank you and thank you Dr. Axe😊



2

[REPLY](#)**Lena Lubimchik** 11 months ago

What is the negative side of soybeans?



2

[REPLY](#)[Hide replies](#) ^



which alters the genes of the crop making it unhealthy to consume. GMO, kills good bacteria in your gut (Microbes/Probiotics which support your immune system and your digestive system + a whole lot more) GMO weakens your immune system, and GMO foods are also sprayed with an herbicide called Glyphosate which is toxic. Soy also has a lot of Phyto Estrogens which mimic the estrogen effect in your body. If you're a male and you eat a lot of phytoestrogens you're gonna increase your estrogen and decrease your testosterone which is bad. For women, an increased intake of estrogen will increase their risk of breast cancer.

Hope that helps! :D

Show less

👍 2 🗨️ REPLY



Lena Lubimchik 11 months ago

Thanks for the explanation, but I meant organic soybeans and flaxseeds also has estrogens, so I am not sure about that

👍 🗨️ REPLY



E H 10 months ago

A lot of pickles in the stores also contain polysorbate 80.

👍 2 🗨️ REPLY



Sandra Dina 6 months ago

I love you guys! Thank you for all the information you guys share ☺️ God bless you always! ☺️

👍 2 🗨️ REPLY



au0rey 11 months ago

You are so funny lol! Thanks for the video! Very informative! Definitely going to try making kimchi and pickled cucumber!

👍 2 🗨️ REPLY



Bill The Archer Hethorn 7 months ago



👍 2 🗨️ REPLY



ASTREA 11 months ago
What about PREBIOTICS?

👍 1 🗨️ REPLY

View reply ▾



RBR89 10 months ago
What's the problem with white vinegar

👍 1 🗨️ REPLY

Hide replies ^



RBR89 10 months ago
?

👍 🗨️ REPLY



Veronika M 6 months ago
It's made in lab. Not from a real food.

👍 2 🗨️ REPLY



Tonya Brewton 4 months ago (edited)
True. The probiotics are in the fermented apple = "mother". Apple cider vinegar with mother is what you should look for.

👍 1 🗨️ REPLY



Pass_the_M 3 months ago
white vinegar will kill the probiotics in your stomach and it kills them in the pickles.

👍 🗨️ REPLY

Crystals / Cristales y Minerales Tx 7 months ago



<--- Thank you for this video.

👍 1 🗨️ REPLY



Latoya Clark 11 months ago
i been

👍 1 🗨️ REPLY



have "RAW" written on their labels they are most probably pasteurized and have no living probiotics. and are a waste of money. You also might want to

👍 1 🗨 REPLY



ANNA LUCAS 5 months ago

What about horse radish

👍 1 🗨 REPLY



Lena Lubimchik 11 months ago

How to know that it's a good quality kefir? Which brand would you recommend?

👍 1 🗨 REPLY

View all 4 replies ▾



de de 10 months ago

It must be raw, pure fermented veggies (non-pasteurized).

👍 1 🗨 REPLY



Namaste Love 11 months ago

Polish people eat a lot of kefir sauerkraut yogurt kvass raw cheese real pickles

👍 2 🗨 REPLY



Natalie Mammitzsch 11 months ago

What if you have histamine issues ?

👍 1 🗨 REPLY



Kurnia Sandy 8 months ago

Tempeh is my favorite! Cause i'm indonesian and i like it!

👍 1 🗨 REPLY



Hakan Daldaban 5 months ago

Kefir not means anything in Turkish Dr. Josh

👍 1 🗨 REPLY

Hide replies ^



👍 1 💬 REPLY



je'suis Elle 2 months ago
Kefir means kefir in Türkçe. :)

👍 1 💬 REPLY



Hakan Daldaban 2 months ago
je'suis Elle exactly

👍 💬 REPLY



je'suis Elle 2 months ago
Hakan Daldaban - Aaa şaka yaptın. Anladım şimdi. :)

👍 1 💬 REPLY



blingette1 11 months ago (edited)
probiotic supplements give me gas and bloating :(

👍 1 💬 REPLY

Hide replies ^



Chelsea Jane 8 months ago
blingette1 I think it goes away after a while .

👍 💬 REPLY



Tonya Brewton 4 months ago
You need to eat prebiotics to help make the probiotics work.
Garlic, onions, leeks, asparagus, bananas are a few of the prebiotics. There are lots more.
Read more

👍 💬 REPLY



Renjan Xavier 9 months ago
WHAT IS MISO


👍 1 💬 REPLY
View reply v



Nicole Behdad 5 months ago
I have such a sensitive stomach 😊

👍 1 💬 REPLY



 natto in indonesia that he said is tempe, it's actually different from Natto, yes...both made from fermented soybeans, but it's totally different :)


 1  [REPLY](#)



Aaro Samuel 5 months ago

Dr. Axe is a chiropractor. He is not a real doctor!

 1  [REPLY](#)

[View all 2 replies](#) 



madhuri Lawhale 11 months ago

after consuming sauerkraut i had acne outbreak, can u explain it? thanks

 1  [REPLY](#)

[View reply](#) 



Kavya Sriram 11 months ago

I tried a probiyatic supplement and these probiyatic foods and I naturally healed my gut.

 1  [REPLY](#)